



Summer Wellness Tip ***Heat Stroke***

SCL Physicians-Occupational Medicine

SCL Physicians-Occupational Medicine is a one stop shop for your workers' compensation injury care and employee testing (pre-hire or annual employment exams) needs in the Denver Metro area. If you have any questions regarding our services or would like to speak to us about setting up an account, please reach out to Jerad Degenhart at 303-272-0755. Our wellness tip of the week is regarding the summer heat.

What is heat stroke? — Heat stroke is a condition that can happen when a person's body gets too hot. Most often, heat stroke happens when people exercise in very hot and humid weather without drinking enough fluids. But heat stroke can also happen in people who are not exercising. It is especially likely to affect older people and people who have health problems, so they need to be extra careful in hot conditions.

Heat stroke is a medical emergency that needs to be treated quickly. That's because heat stroke can lead to death if it is not treated quickly. To cool your body down, you can:

- Spray yourself with cool water and then sit in front of a fan
- Move into the shade, or go into an air-conditioned building or car.
- Take a cool shower or bath.
- Drink water or a sports drink. Do NOT have a drink with alcohol or caffeine.
- Take off any extra clothing you are wearing.
- Put a cold pack or cool cloth on your neck or armpit.

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